

Pre Op Readiness

We Are looking forward to our upcoming preoperative visit with you. Please review the following information and come ready to discuss any further questions/concerns you may have.

Day of Surgery

1. Your surgery time will be confirmed the day before surgery. Please expect a call from our office.
2. Please plan to arrive 3 hours prior to the surgery start time to ensure an on-time start and enough time to complete the preop process (checking-in, IV start, labs, etc.)
3. We will provide you with a map at your pre op visit to show you where to check in on the day of surgery.
4. If we have discussed going home the day of surgery, please ensure you will have a ride home. You are not allowed to drive yourself home.

Things to Bring to the Hospital

1. ID cards, insurance cards, credit card (for co-payment, depending on your insurance)
2. A list of your current medications, vitamins, supplements. Include dose, how often you take it and last time you took it.
3. Wear something comfortable.
4. Leave all jewelry, valuables, etc. at home.
5. If you wear glasses, please bring a glasses case.
6. If you use dentures, please bring something to keep them in as well.
7. If you use a CPAP, please bring it to the hospital.
8. **If you are having parathyroid surgery or all of your thyroid removed, you will need your calcium replaced after surgery. This is done by taking over-the-counter calcium supplementation (CitraCal or TUMS). If you take anything for GERD/acid reflux (i.e. Pepcid, omeprazole, etc.) or have had weight loss surgery (i.e. Gastric Bypass/Sleeve), please bring CitraCal (calcium citrate) to the hospital. If you don't take anything for GERD, please bring TUMS 1000mcg (or SUGAR FREE TUMS 750mg if you are diabetic) to the hospital. Do not take these before. We will instruct you on your post op dose prior to discharge.**

Eating/Drinking Recommendations

1. Do not eat anything 8 hours prior to your surgery start time.
2. You are cleared to drink **CLEAR liquids**; including water, apple juice and Gatorade **up to 4 hours prior** to your surgery start time. It is actually recommended that you drink one serving of Gatorade prior to surgery (at least 4 hours before) to reduce the chance of anesthesia side effects (i.e. nausea, headache). Please get "G2" or the low sugar option.